

SARR Members,

If you gave up running in August, I totally understand. Though humans were born to run, I don't think they were born to run in 100-degree weather. The good news is that September is a great time to start running again. Temperatures will surely drop to 95 or so. Stay hydrated!

Virtual Whine Run (hills not included). We have over 500 runners signed up for this race. Looks like we are headed to another sellout. Check out our special edition bottles of wine: [SARR Runners Red](#), and [SARR Whine White](#). (*I had to sample a few times to make sure it was good.*) You can still register for the event [HERE](#) and get \$5 off using the code **WHINE**.

Running Around the City. Our 10-year edition of the **SARR Fall Training** program is off and running. We have over 400 members participating and registration is now closed. Once again, SARR has the biggest (*and best!*) training program in town. Because of the pandemic we are running in many different places all over town each Saturday. So, you are bound to see your fellow runners somewhere around the city this fall.

No Fun on Wednesdays This Year. Due to local guidelines and park limitations, we have decided to cancel the **Wednesday Night Zoo Fun Runs** the rest of the year. We will start up again in April 2021 (*hopefully!*.)

Clean-up Continues. SARR adopted a two-mile stretch of trail that starts at Walker Ranch Park and we need your help to keep it clean. Our next clean-up event is on Sept. 13th. We are limiting participation to 10 people due to local restrictions. More info [HERE](#).

Our Commitment to Inclusion. The San Antonio RoadRunners was founded on the principle that anyone can be a runner. After 50 years, that principle is still our cornerstone. We strive to be a fully inclusive, anti-racist, multicultural organization. We promote participation and membership in our club without regard to race, religion, color, national origin, gender, sexual orientation, physical abilities, or age. SARR does not condone or tolerate discrimination in any form. This is your club and together we want to ensure that SARR reflects the entire local running community.

What Time is It? I have no races on my calendar. Well, actually, I signed up for some races, but I know they're not going to happen. I'm fairly certain the race organizers know they're not going to happen too, but they want to give runners as much hope as possible before the cancellation notice goes out. I've already trained for two marathons this year that didn't end up happening. I'm all trained out.

So, I did something radical yesterday on my morning run. I ran without my watch. On purpose. I had no plan when I closed the front door. I was just going to run based on how I felt, not by my watch. It didn't work out so great.

The first problem is that I'm terrible at knowing my pace. I'm running down the road going somewhere between a 7 and 10-minute mile per minute. I kept telling myself to just "*run by feel*" and "*keep it easy*". Well, I "*felt*" like walking and with the 95% humidity, just being outside was hard.

It took awhile but I found a pace I could live with and started to relax a little. I would glance at my wrist every few minutes thinking my watch was still there and freak out for a second, but then repeat my mantra, "*easy breathing makes running pleasing*", and I would relax again. It felt liberating. No set time, no set mileage.

When I got home, I felt refreshed. There were no aches and I didn't feel like dying, like on a normal run day. That made me happy at first. Then I started thinking about it too much. *If I feel refreshed then I must have been going too slow, probably too slow to make the run worth it. And how far did I run? It felt like 4-5 miles but maybe it was only about 3.* Sure wish I would have worn my watch.

9/1/2020

<https://runsignup.com/Club/EmailMarketing/ViewSentEmail/1124?sentEmailId=1708354>

-Scott

President, SARR